



**Baptist Care (SA) Inc**  
Adventure Camping

Ring to book  
your spot!  
**ITS FREE!**

## **ADVENTURE BREAK FOR YOUNG WOMEN 2nd - 4th Sept, 2011**



**LEAVING FROM:**

Westcare, 216 Wright St,  
Adelaide, Friday, 9:00 am

**RETURNING TO:**

Westcare, 216 Wright St,  
Adelaide, Sunday, 4:00 pm



## **KAYAK THE COORONG**

**Day 1:** Travel down to Meningie having lunch on the way. Paddle across the Coorong and camp under The Gums. Enjoy dinner and conversation around an amazing campfire.

**Day 2:** Explore the beautiful Young husband Peninsula - clamber up and down awesome sand dunes and collect cockles and driftwood from the wild ocean beach. Paddle downstream and make camp at The Dunes, with piping hot pizzas for tea.

**Day 3:** Wake up, have a coffee and watch the sunrise from the top of the dunes. Paddle to the mainland and journey home after a fantastic weekend away in one of SA's most beautiful places.

**CONTACT US:**

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**Web:** <http://www.baptistcaresa.org.au/adventurecamping/>



## Baptist Care (SA) Inc Adventure Camping

### **FIRST-TIMERS:**

Remember to fill out an INDUCTION FORM and ACTIVITY CONSENT FORM and get them back to us as soon as you can

### **OLD-TIMERS:**

Remember to fill out an ACTIVITY CONSENT FORM and get them back to us as soon as you can

### **Your checklist of what to pack:**

- **Comfortable clothes for paddling:** not new stuff, we'll get wet and dirty!
- **A warm jumper or top:** to put on when we stop
- **A change of clothes and towel:** to dry and change at the end of the day
- **Old closed shoes for paddling:** they need to cover your feet for protection but they will get wet and dirty, thongs and other open ended footwear can get caught in the kayak foot pedals.
- **Sunglasses**
- **Camera:** if you like - we have a camera as well
- **Music CDs:** if you like - for tunes in the vehicle on the way there and back home

### **Your checklist of what to leave at home:**

- **Drugs and alcohol:** All our programs are drug and alcohol free, however smoking tobacco is permitted. Personal medication prescribed by a qualified medical practitioner is held by staff.
- **MP3 players:** We can listen to CD's and/or the radio in the vehicle while we're traveling.
- **Mobile Phones:** We have phones for emergency use - yours could get lost or broken.

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# Adventure For Life!

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### **We'll supply you with the following:**

- **Transport:** in our 4WD 10 seater Toyota Troop Carrier
- **Lunch and snacks:** please let us know before the day if you have special dietary needs
- **Rain jacket:** yep, we paddle in the rain!
- **Adventure gear:** Kayaks, paddles, PFD's
- **Sunscreen, insect repellent:** and a hat if you haven't got one!
- **GOOD COMPANY AND A GREAT TIME!**

### **Our values:**

- **We're here because we want to be here**
- **We respect - Ourselves, Each Other, The Environment and Our Equipment!**